

Quick & Easy
77 KETO
Lunch
RECIPES



CLAUDIA J. CALDWELL

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KETO LUNCH RECIPES

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VEGETARIAN LOADED ZUCCHINI SKINS

Overall Time: 30 M

Nutrition Facts Per Serving

Calories: 108.5 kcal

Fat: 8.3g

Carbs: 3.8g

Makes 6 servings

Ingredients

Zucchini (3 large,
halved, seeded)

Salt (1 tsp.)

Cremini mushrooms
(3 whole, diced)

Olive oil (1 tsp.)

Smoked Paprika (2
tsp.)

Worcestershire sauce
(1 tbsp.)

Directions:

Set your oven to preheat to 375°F, prepare your zucchini by adding salt to the skins and allowing them to sit and drain for a few minutes. Dry zucchini well and set aside.

Add your mushrooms, Worcestershire sauce, salt, paprika and oil, to a large bowl and toss to evenly coat.

Lay the mushrooms and zucchini flat on your baking sheet then set to roast until they brown (about 10 minutes).

Top with cheeses then return to the oven and continue roasting

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Salt ($\frac{1}{2}$ tsp.)

Pepper Jack cheese (2 oz., shredded)

Cheddar cheese (2 oz., shredded)

Sour cream (3 tbsp.)

Chives (2 tbsp., chopped)

until the cheese has melted (about 10 minutes).

Garnish with chives and sour cream then serve.

TOMATO ASIAGO SOUP

Overall Time: 21 M

Nutrition Facts Per Serving

Calories: 301.5 kcal

Fat: 25.8g

Carbs: 10.7g

Makes 4 servings

Ingredients

Tomato paste (1 can)

Heavy whipping
cream (1 cup)

Asiago cheese ($\frac{3}{4}$
cup, shredded)

Water ($\frac{1}{4}$ cup)

Oregano (1 tsp.)

Garlic (1 tsp.,
minced)

Salt and pepper to
taste

Directions:

Add garlic, onion, tomato paste, and cream to a saucepan over medium heat.

Allow to come to a boil, while whisking, then add your Asiago cheese in stages until it begins to thicken.

Whisk in water and continue to cook for another 5 minutes.

Garnish with pepper and serve.

BROCCOLI CHEESE SOUP

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 26. kcal

Fat: 22.6g

Carbs: 2.6g

Makes 8 servings

Ingredients

Broccoli (4 cups,
chopped)

Garlic (4 cloves,
minced)

Chicken broth (3.5
cups)

Heavy cream (1 cup)

Cheddar cheese (3
cups, shredded)

Directions:

Set a large greased saucepan with garlic over medium heat. Sauté until fragrant (about a minute).

Add in your remaining ingredients, except cheese, and switch to high heat.

Allow to come to a boil, then switch the heat to low and allow to simmer until broccoli becomes fork tender.

Gradually add cheese, while stirring, and continue to simmer until the cheese has been fully melted.

Serve immediately and enjoy!

TACO SOUP

Overall Time: 4 Hours 15 M

Nutrition Facts Per Serving

Calories: 239 kcal Fat: 22g Carbs: 9g

Makes 4 servings

Ingredients

Beef (1 lb., ground)

1 tablespoon taco
seasoning

1 (10-ounce) can
diced tomatoes

16 oz. cream cheese

2 cups beef broth

Directions:

With the crock insert in place, preheat your slow cooker to low.

Place skillet over medium-high heat, sauté the ground beef until browned, about 8 minutes, and season with pink salt and pepper.

Add the ground beef, beef broth, tomatoes, taco seasoning, and cream cheese in your slow cooker.

Cover and cook on low for 4 hours, stirring occasionally.

Ladle into two bowls and serve.

CREAMY TOMATO – BASIL SOUP

Overall Time: 20 M

Nutrition Facts Per Serving

Calories: 239 kcal

Fat: 226g

Carbs: 9g

Makes 4 servings

Ingredients

2 ounces cream
cheese

1 (14.5-ounce) can
diced tomatoes

¼ cup chopped fresh
basil leaves

¼ cup heavy
(whipping) cream

4 tablespoons butter

Directions:

Pour the tomatoes with their juices into a food processor and purée until smooth.

In a medium saucepan over medium heat, cook the tomatoes, cream cheese, heavy cream, and butter for 10 minutes, stirring occasionally, until all is melted and thoroughly combined.

Add the basil, and season with pink salt and pepper. Continue stirring until completely smooth. If you wish, you could also use an immersion blender to make short work of smoothing the soup.

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Pour the soup into two bowls and serve.

CHEESY ROASTED BRUSSEL SPROUTS SALAD

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 237 kcal Fat: 19g Carbs: 9g

Makes 2 servings

Ingredients

Brussels sprouts (1 lb.)

1 tablespoon olive oil

Feta cheese (1 cup, crumbled)

Parmesan cheese (1/4 cup, grated)

Hazelnuts (1/4 cup, whole, skins removed)

Directions:

Set your oven to preheat to 350 degrees F and prepare a baking sheet by lining it with a silicone baking mat or parchment paper.

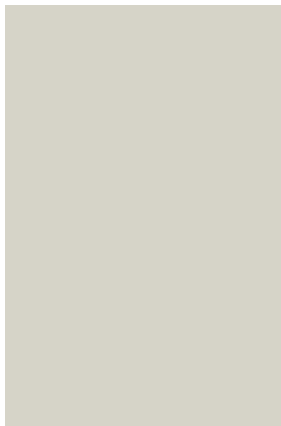
Trim the bottom and core from each Brussels sprout with a small knife.

Put the leaves in a medium bowl; you can use your hands to fully release all the leaves.

Toss the leaves with the olive oil then season to taste.

Add your leaves evenly in the bottom of your baking sheet.

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Roast for 15 minutes, until lightly browned and crisp.

Divide the roasted Brussels sprouts leaves between two bowls, top each with the shaved Parmesan cheese and hazelnuts, and serve.

CREAMY KALE SALAD

Overall Time: 10 M

Nutrition Facts Per Serving

Calories: 78 kcal

Fat: 6.4g

Carbs: 3.2g

Makes 3 servings

Ingredients

Kale (2 bunches)

1 cup sour cream

2 tablespoons sesame
seeds oil

2 tbsp. lemon juice

Toppings

Goat Cheese (6 oz.)

Directions:

Chop kale and wash kale then remove the ribs. Transfer kale to a large bowl.

Add sour cream, and sesame seeds oil.

Season to taste and mix thoroughly.

Top with your goat cheese. Serve and enjoy.

AVOCADO WITH BROCCOLI AND ZUCCHINI SALAD

Overall Time: 20 M

Nutrition Facts Per Serving

Calories: 215 kcal

Fat: 12.6g

Carbs: 6.1g

Makes 4 servings

Ingredients

1 large zucchinis,
julienne

1/2 cup broccoli, cut
into florets

2 avocados, sliced

2 cup goat cheese

- 1 tablespoon apple
cider vinegar

Directions:

Combine zucchini, goat cheese, broccoli, and vinegar, then mix well. Season to taste, and top with avocado slices. Serve, and enjoy.

SHREDDED BRUSSELS SPROUTS WITH BACON

Overall Time: 35 M

Nutrition Facts Per Serving

Calories: 188 kcal

Fat: 18g

Carbs: 2.3g

Makes 4 servings

Ingredients

6 cups Brussels
sprouts

2 tbsp. Ghee, melted

2 cloves garlic,
crushed

2 tbsp. lemon juice

6 pieces bacon, sliced
thinly

Directions:

Set your oven to preheat to 400 degrees F.

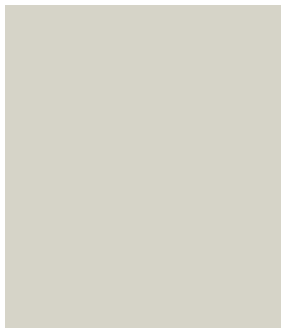
Wash the Brussels sprouts and remove any dry or discolored leaves.

Add to your food processor and finely slice using a slicing blade. Mix the ghee with the garlic.

Add the sprouts to a baking sheet the top evenly with lemon juice, garlic mixture and melted lard.

Season to taste, add your bacon and mix until combined.

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Cook in the oven for 15 to 20 minutes, mixing twice to ensure even cooking.

When done, remove from the oven and set aside for a few minutes before serving.

SLOW COOKED MUSHROOMS

Overall Time: 4 hours 10 M

Nutrition Facts Per Serving

Calories: 351 kcal Fat: 36g Carbs: 5g

Makes 2 servings

Ingredients

2 tablespoons butter

1 tablespoon
packaged dry ranch-
dressing mix

6 ounces fresh
cremini mushrooms

4 tablespoons Ricotta
cheese

1 tablespoon chopped
fresh flat-leaf Italian
parsley

Directions:

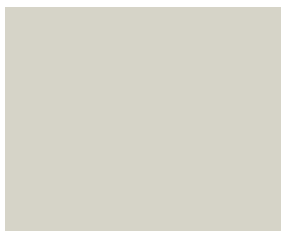
With the crock insert in place, preheat your slow cooker to low.

Put the butter and the dry ranch dressing in the bottom of your slow cooker and allow the butter to melt. Stir to blend the dressing mix and butter.

Add the mushrooms to your slow cooker and stir to coat with the butter-dressing mixture. Sprinkle the top with the Parmesan cheese.

Cover and allow to cook for 4 hours on low.

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Transfer mushrooms to your serving dish with a slotted spoon. Top with the chopped parsley and serve.

SMOOTH CAULIFLOWER MASH

Overall Time: 35 M

Nutrition Facts Per Serving

Calories: 135 kcal

Fat: 9.6g

Carbs: 3.4g

Makes 2 servings

Ingredients

2.5 large head
cauliflower, florets

200 g ricotta cheese

1/4 cup butter

1 small white onion,
chopped

2 cloves garlic,
crushed

Directions:

Steam your cauliflower in a pot using a steaming rack over 2 inches (5 cm) of water.

Allow to come to a boil and cook until fork tender (about 10 minutes).

Heat a pan greased with half of the butter and add the chopped onion and garlic.

Cook, while stirring, for about 5 to 8 minutes or until caramelized.

Place the cooked cauliflower in a blender. Add the onion and garlic and the remaining butter.

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Pulse until smooth and creamy.
Enjoy!

GRILLED MEDITERRANEAN VEGETABLES

Overall Time: 30 M

Nutrition Facts Per Serving

Calories: 140 kcal Fat: 9.8g Carbs: 7g

Makes 6 servings

Ingredients

1/4 cup ghee

2 small red, orange,
or yellow peppers

3 medium zucchinis

1 medium eggplant

1 medium red onion

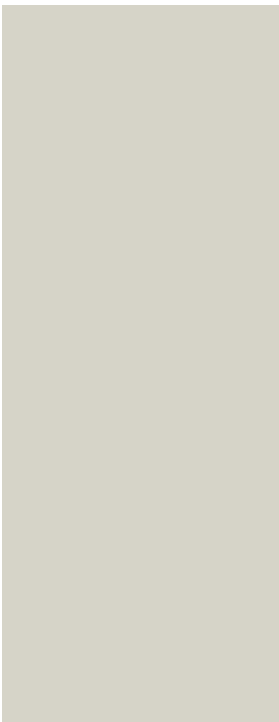
Directions:

Set the oven to broil to the highest setting. In a small bowl, mix the melted ghee and crushed garlic.

Wash all the vegetables. Halve, deseed, and slice the bell peppers into strips. Slice the zucchini widthwise into 1/4-inch (about 1/2 cm) pieces.

Wash the eggplant and slice. Quarter each slice into 1/4-inch (about 1/2 cm) pieces. Peel and slice the onion into medium wedges and separate the sections using your hands.

Place the vegetables in a bowl and add the chopped herbs,



ghee with garlic, salt, and black pepper.

Spread all the vegetables on a baking sheet, ideally on a roasting rack or net so that the vegetables don't become soggy from the juices. Transfer to the oven and cook for about 15 minutes. Be careful not to burn them.

When done, the vegetables should be slightly tender but still crisp. Serve with meat dishes or bake with cheese such as feta, mozzarella.

CAULI-PIZZA TARTLETS

Overall Time: 1 hour 5 M

Nutrition Facts Per Serving

Calories: 243 kcal

Fat: 18.4g

Carbs: 7g

Makes 4 servings

Ingredients

2 cups Cauli-Rice,
cooked and dried

3/4 cup grated
mozzarella cheese

1/3 cup grated
Parmesan cheese

1 large egg white

1 tablespoon coconut
oil

Directions:

Set your oven to preheat to 400 degrees F.

Combine your egg whites, parmesan cheese, half your mozzarella cheese, and cauliflower rice in a medium bowl, season with salt, and pepper then divide evenly into 4 crusts.

Brush the crusts with some coconut oil and set to bake until crispy (about 20 min).

Top with your other half of cheese and your favorite toppings. Return to the oven and bake until cheese melts. Enjoy!

BROCCOLI PATTIES

Overall Time: 45 M

Nutrition Facts Per Serving

Calories: 183 kcal

Fat: 13.2g

Carbs: 8.1g

Makes 5 servings

Ingredients

1 head broccoli,
florets

2 tablespoons lard

1 medium white
onion, finely sliced

3 large eggs

1/2 cup grated
cheddar cheese

Directions:

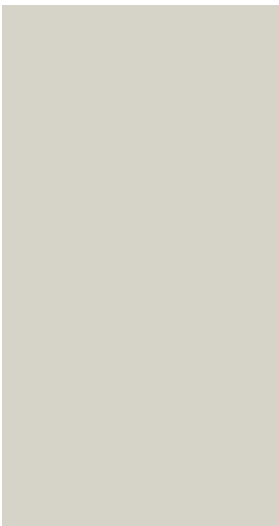
Preheat the oven to 400 degrees F. Place on a steaming rack in a steaming pot filled with about 2 inches of water and cook for about 5 to 7 minutes.

Heat a pan greased with lard, add the onion and crushed garlic. Cook for 5 to 8 minutes until lightly browned.

In a bowl, mix the eggs, cheese, salt, and black pepper. Cut the cooked broccoli into smaller pieces and place in the bowl with the eggs.

Add the onion and garlic and mix until well combined.

Using a spoon, create 15 palm-size patties and place them on a



baking sheet lined with parchment paper.

Transfer to the oven and allow to cook until the tops are lightly browned and crispy (about 20 minutes).

When done, remove from the oven and set aside to cool or serve immediately.

CREAMY LEMON RICE

Overall Time: 35 M

Nutrition Facts Per Serving

Calories: 233 kcal

Fat: 19.4g

Carbs: 6.6g

Makes 4 servings

Ingredients

Cauliflower Lemon
Rice, 2 cups

2 tablespoons finely
chopped fresh basil

1 tablespoon each
finely chopped fresh
oregano and thyme
leaves

1 tablespoon lemon
zest

1/2 cup coconut milk

2 tablespoons lemon
juice

Directions:

Wash and finely chop the herbs.
Peel and mash the garlic and
zest the lemon.

Heat a pan greased with ghee
over medium heat and add the
mashed garlic and lemon zest.
Cook for about 2 minutes,
stirring frequently.

Add the Cauli-Rice and cook
for 2 minutes, stirring
frequently. Pour in the coconut
milk and lemon juice.

Cook for another 5 minutes.

Finally, add the chopped herbs
and cook for 3 minutes. Season
with salt and black pepper and
serve.

GARLIC-&-HERB CAULIFLOWER

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 181 kcal

Fat: 14.4g

Carbs: 7.2g

*Makes 4
servings*

Ingredients

1 large head
cauliflower

1/4 cup melted
butter

1/4 cup chopped
fresh herbs

2 tablespoons
lemon juice

3 cloves garlic,
crushed

Directions:

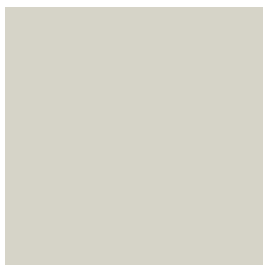
Set your oven to preheat to 450 degrees F. Wash the cauliflower, cut into smaller florets and place in a bowl.

In another bowl, mix the melted ghee, chopped herbs, lemon juice, and crushed garlic. Season with salt and black pepper, to taste.

Add the herb mixture to the bowl with the cauliflower and coat thoroughly.

Sprinkle with Parmesan cheese, if using, and place the cauliflower on a baking sheet.

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Transfer the sheet to the oven and bake for 15 minutes or until the cauliflower turns golden. When done, remove it from the oven and serve immediately.

ZUCCHINI FRIES

Overall Time: 40 M

Nutrition Facts Per Serving

Calories: 236 kcal

Fat: 12.8g

Carbs: 8.9g

Makes 4 servings

Ingredients

Topping:

4 medium zucchinis,
cut into fries

2 tablespoons
flaxseed meal

1 1/2 cups ground
pork rinds

1 large egg

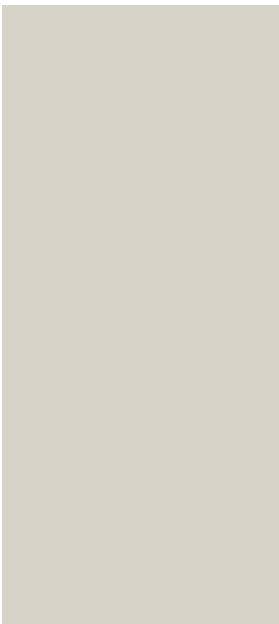
2 tablespoons
coconut oil

Directions:

Preheat the oven to 425 degrees F. Season with some of the salt and let rest on a cutting board for at least 20 minutes. Then pat the moisture off the fries with a paper towel.

Meanwhile, mix the “breeding.” Place the flaxseed meal into a bowl and combine with the ground pork rinds. Add the dried herbs, onion and garlic powder, then enough salt and pepper as you see fit.

In a small bowl, mix the egg with another pinch of salt. Dip each zucchini piece in the egg and transfer to the bowl with the breeding.



Dredge the zucchini in the breading then add to a lined baking sheet.

Drizzle the fries with melted coconut oil.

Transfer the sheet to the oven and allow to bake until lightly browned and crispy (about 25 minutes).

Remove from the oven and set aside to cool.

Serve and enjoy!

BROCCOLI WITH BLUE CHEESE SAUCE

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 231 kcal

Fat: 19.7g

Carbs: 9.5g

Makes 4 servings

Ingredients

1 medium head of
broccoli, florets

1/4 cup heavy
whipping cream

2.1 ounces cream
cheese

2 tablespoons ghee

2 ounces crumbled
blue cheese

Directions:

Steam your broccoli in a pot over 2 inches of boiling water.

Cook until fork tender and set it aside.

Add ghee, cream cheese and cream to a small pot over medium heat, stir, then allow to come to a simmer gently. Continue to stir until your butter and cream cheese melts.

Switch the heat off then stir in the blue cheese. Continue to stir until the sauce becomes creamy and smooth with the cheese fully dissolved.

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Season to taste and enjoy.

BRAISED CABBAGE WITH BACON

Overall Time: 65 M

Nutrition Facts Per Serving

Calories: 184 kcal

Fat: 14.1g

Carbs: 11.8g

Makes 4 servings

Ingredients

1 head green cabbage,
shredded

2 tablespoons ghee

6 slices thinly-cut
bacon

1 cup chicken broth

2 tablespoons apple
cider vinegar

Directions:

Grease a heavy pot with ghee and add bacon. Cook for 8 minutes, stirring frequently.

Add your remaining ingredients and season to taste.

Cover with a lid and cook over medium heat until tender.

Serve this with meat dishes.

FISH TACO BOWL

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 315 kcal

Fat: 24g

Carbs: 12g

Makes 2 servings

Ingredients

10oz. tilapia fillets

4 teaspoons Tajin
seasoning salt, divided

2 cups pre-sliced
coleslaw cabbage mix

1 tablespoon Spicy
Red Pepper Miso
Mayo,

1 avocado, mashed

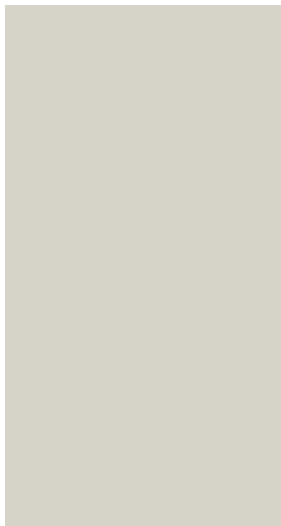
Directions:

Set your oven to preheat to 425 degrees F. Line a baking sheet with aluminum foil or a silicone baking mat.

Rub the tilapia with the olive oil, and then coat it with 2 teaspoons of Tajin seasoning salt. Place the fish in the prepared pan.

Bake for 15 minutes, or until the fish is opaque when you pierce it with a fork. Put the fish on a cooling rack and let it sit for 4 minutes.

Meanwhile, in a medium bowl, gently mix to combine the coleslaw and the mayo sauce.



Add the mashed avocado and the remaining 2 teaspoons of Tajin seasoning salt to the coleslaw, and season with pink salt and pepper. Divide the salad between two bowls.

Use two forks to shred the fish into small pieces and add it to the bowls.

Top the fish with a drizzle of mayo sauce and serve.

SALMON QUESADILLA

Overall Time: 10 M

Nutrition Facts Per Serving

Calories: 414 kcal

Fat: 28g

Carbs: 24g

Makes 2 servings

Ingredients

1 tablespoon olive oil

2 low-carbohydrate
tortillas

$\frac{1}{2}$ cup shredded
Mexican blend cheese

2 ounces shredded
salmon

2 tablespoons sour
cream

Directions:

In a large skillet over medium-high heat, heat the olive oil.

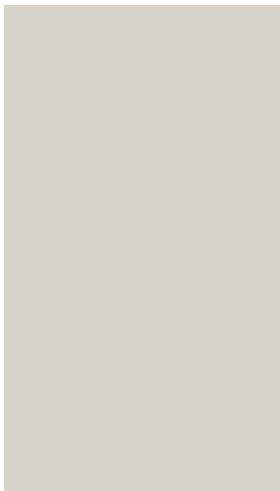
Add a tortilla, then layer with $\frac{1}{4}$ cup of cheese, the salmon, the Tajin seasoning, and the remaining $\frac{1}{4}$ cup of cheese. Top with the second tortilla.

Peek under the edge of the bottom tortilla to monitor how it is browning.

Once the bottom tortilla gets golden, and the cheese begins to melt, after about 2 minutes, flip the quesadilla over, and cook for about a minute.

Once the second tortilla is crispy and golden, transfer the

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quesadilla to a cutting board and let sit for 2 minutes.

Cut the quesadilla into 4 wedges using a sharp knife.

Transfer half the quesadilla to each of two plates. Add a tablespoon of sour cream to each plate and serve hot.

BAKED LEMON-BUTTER FISH

Overall Time: 30 M

Nutrition Facts Per Serving

Calories: 299 kcal Fat: 26g Carbs: 5g

Makes 2 servings

Ingredients

4 tablespoons butter,
plus more for coating

2 (5-ounce) tilapia
fillets

2 garlic cloves,
minced

1 lemon, zested and
juiced

2 tablespoons capers,
rinsed and chopped

Directions:

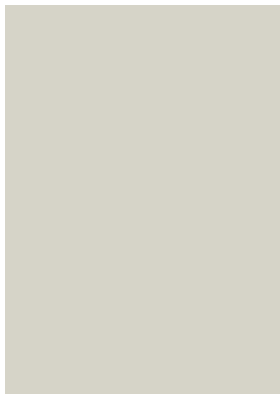
Set oven to preheat to 400 degrees F. Coat an 8-inch baking dish with butter.

Pat dry the tilapia with paper towels, and season both sides to taste. Place in the prepared baking dish.

In a medium skillet over medium heat, melt the butter. Add the garlic and cook for 3 to 5 minutes, until slightly browned but not burned.

Remove the garlic butter from the heat and mix in the lemon zest and 2 tablespoons of lemon juice.

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Pour the lemon-butter sauce over the fish and sprinkle the capers around the baking pan.

Bake for 12 to 15 minutes, until the fish, is just cooked through, and serve.

SCALLOPS WITH CREAMY BACON SAUCE

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 782 kcal

Fat: 73g

Carbs: 11g

Makes 2 servings

Ingredients

4 bacon slices

1 cup heavy
(whipping) cream

¼ cup grated
Parmesan cheese

1 tablespoon ghee

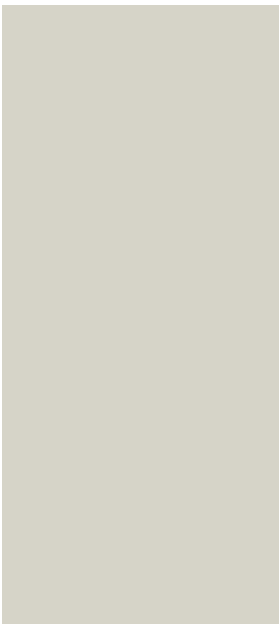
8 large sea scallops,
rinsed and patted dry

Directions:

In a medium skillet over medium-high heat, allow your bacon to cook until crisp (about 8 minutes). Drain bacon on a plate with paper towels.

Lower the heat to medium. Keep your bacon grease then add cream, butter, and Parmesan cheese.

Season to taste then reduce the heat to low and cook, stirring constantly, until the sauce thickens and is reduced by 50 percent, about 10 minutes.



In a separate large skillet over medium-high heat, heat the ghee until sizzling.

Season the scallops with pink salt and pepper and add them to the skillet. Cook for just 1 minute per side.

Transfer the scallops to a paper towel-lined plate. Divide the cream sauce between two plates, crumble the bacon on top of the cream sauce, and top with 4 scallops each. Serve immediately.

CREAMY DILL SALMON

Overall Time: 20 M

Nutrition Facts Per Serving

Calories: 510 kcal Fat: 41g Carbs: 2g

Makes 2 servings

Ingredients

2 tablespoons ghee,
melted

2 (6-ounce) salmon
fillets, skin on

$\frac{1}{4}$ cup mayonnaise

1 tablespoon Dijon
mustard

2 tablespoons minced
fresh dill

Directions:

Preheat the oven to 450 degrees F and lightly grease a baking dish with ghee.

Use a paper towel to pat dry the salmon, season to taste with pepper and pink salt, then place in the baking dish.

In a small bowl, mix to combine the mayonnaise, mustard, dill, and garlic powder.

Slather the mayonnaise sauce on top of both salmon fillets so that it fully covers the tops.

Bake for 7 to 9 minutes, depending on how you like your salmon—7 minutes for

KETO LUNCH RECIPES



medium-rare and 9 minutes for well-done, and serve.

PARMESAN-GARLIC SALMON WITH ASPARAGUS

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 434 kcal

Fat: 26g

Carbs: 10g

Makes 2 servings

Ingredients

12oz. salmon fillets,
skin on

1 lb. fresh asparagus,
trimmed

3 tablespoons butter

2 garlic cloves,
minced

¼ cup grated
Parmesan cheese

Directions:

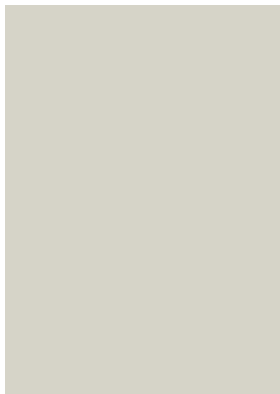
Set your oven to preheat to 400 degrees F and prepare your baking sheet by lining with foil.

Dry your salmon completely, and season to taste.

Place the salmon in the middle of the prepared pan and arrange the asparagus around the salmon.

Set a skillet over medium heat with butter and allow to melt.

Add the minced garlic and stir until the garlic just begins to brown about 3 minutes.



Drizzle the garlic-butter sauce over the salmon and asparagus, and top both with the Parmesan cheese.

Bake until the salmon is cooked and the asparagus is crisp-tender, about 12 minutes. Serve.

GARLIC BUTTER SHRIMP

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 329 kcal Fat: 20g Carbs: 5g

Makes 2 servings

Ingredients

3 tablespoons butter

½ pound shrimp

1 lemon, halved

2 garlic cloves,
crushed

¼ teaspoon red
pepper flakes

Directions:

Set your oven to preheat to 425 degrees F.

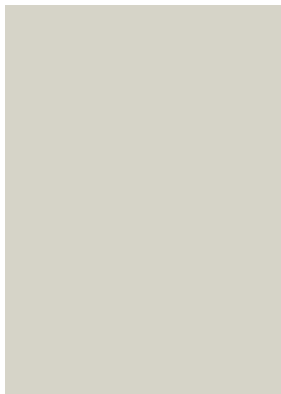
Place the butter in an 8-inch baking dish, and pop it into the oven while it is preheating, just until the butter melts.

Sprinkle the shrimp with pink salt and pepper.

Slice one half of the lemon into thin slices and cut the other half into 2 wedges.

In the baking dish, add the shrimp and garlic to the butter. The shrimp should be in a single layer. Add the lemon slices. Sprinkle the top of the fish with the red pepper flakes.

KETO LUNCH RECIPES



Bake the shrimp for 15 minutes, stirring halfway through.

Remove the shrimp from the oven, and squeeze juice from the 2 lemon wedges over the dish. Serve hot.

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SHRIMP AND AVOCADO LETTUCE CUPS

Overall Time: 25 M

Nutrition Facts Per Serving

Calories: 326 kcal Fat: 11g Carbs: 7g

Makes 2 servings

Ingredients

1 tablespoon ghee

½ pound shrimp

½ cup halved grape
tomatoes

½ avocado, sliced

4 butter lettuce
leaves, rinsed and
patted dry

Directions:

In a medium skillet over medium-high heat, heat the ghee. Add the shrimp and cook.

Season to taste. Shrimp are cooked when they turn pink and opaque.

Season the tomatoes and avocado with season to taste.

Divide the lettuce cups between two plates. Fill each cup with shrimp, tomatoes, and avocado. Drizzle the mayo sauce on top and serve.

PORK RIND SALMON CAKES

Overall Time: 20 M

Nutrition Facts Per Serving

Calories: 362 kcal Fat: 31g Carbs: 1g

Makes 2 servings

Ingredients

6 ounces canned
Alaska wild salmon,
drained

2 tablespoons
crushed pork rinds

1 egg, lightly beaten

3 tablespoons
mayonnaise, divided

½ tablespoon Dijon
mustard

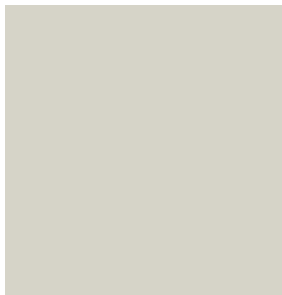
Directions:

In a medium bowl, mix to combine the salmon, pork rinds, egg, and 1½ tablespoons of mayonnaise, and season with pink salt and pepper.

With the salmon mixture, form patties the size of hockey pucks or smaller. Keep patting the patties until they keep together.

In a medium skillet over medium-high heat, melt the ghee. When the ghee sizzles, place the salmon patties in the pan. Cook for about 3 minutes per side, until browned. Transfer the patties to a paper towel-lined plate.

KETO LUNCH RECIPES



In a small bowl, mix together the remaining 1½ tablespoons of mayonnaise and the mustard.

Serve the salmon cakes with the mayo-mustard dipping sauce.

SEARED-SALMON SHIRATAKI RICE BOWLS

Overall Time: 50 M

Nutrition Facts Per Serving

Calories: 328 kcal Fat: 18g Carbs: 8g

Makes 2 servings

Ingredients

12-ounce salmon
fillets, skin on

4 tablespoons soy
sauce, divided

½ large English
cucumber

8oz. pack Miracle
Shirataki Rice

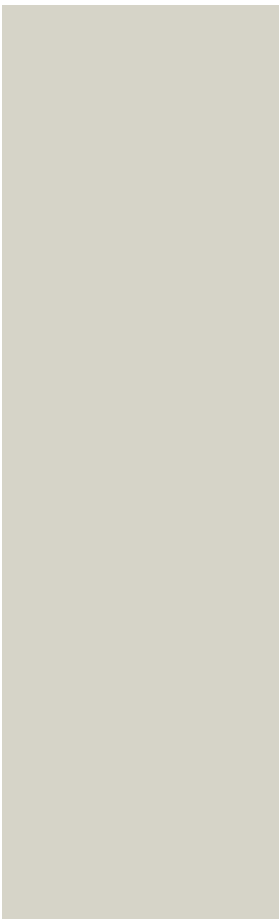
1 avocado, diced

Directions:

Place the salmon in an 8-inch baking dish and add 3 tablespoons of soy sauce. Cover and marinate in the refrigerator for 30 minutes.

Meanwhile, slice the cucumbers thin, put them in a small bowl, and add the remaining 1 tablespoon of soy sauce. Set aside to marinate.

In a medium skillet over medium heat, melt the ghee. Add the salmon fillets skin-side down. Pour some of the soy sauce marinade over the salmon and sear the fish for 3 to 4 minutes on each side.



Rinse the shirataki rice in cold water in a colander.

In a saucepan filled with boiling water, cook the rice for 2 minutes.

Pour the rice into the colander. Dry out the pan.

Transfer the rice to the dry pan and dry roast over medium heat until dry and opaque.

Season the avocado to taste.

Place the salmon fillets on a plate and remove the skin. Cut the salmon into bite-size pieces.

Assemble the rice bowls: In two bowls, make a layer of the cooked Miracle Rice. Top each with the cucumbers, avocado, and salmon, then serve.

BOLOGNESE BEANS

Prep Time: 15 M

Cook Time: 30 M

Nutrition Facts Per Serving

Calories: 315 kcal Protein: 37.3g Total Carbs: 7.6g

Dietary Fibers: 2.8g Net Carbs: 4.8g Total Fat: 14.6g

Makes 4 servings

Ingredients

1 lb. lean ground beef

1 lb. wax beans, cut
into bite-sized pieces

1 small onion, finely
chopped

1 tablespoon tomato
paste, sugar-free

1 cup beef broth,
low-fat

Directions:

Rinse the beans and cut into bite-sized pieces. Set aside.

Grease a large, heavy-bottomed pot with olive oil and heat up over medium-high heat. Add onions and garlic. Cook until translucent, stirring constantly. Now add ground beef, tomato paste, chopped parsley, salt, and cayenne pepper. Continue to cook for 10 minutes, stirring occasionally.

Finally, add wax beans and beef broth. Bring it to a boil and reduce the heat to minimum.

KETO LUNCH RECIPES

2 garlic cloves,
crushed

2 tablespoon olive
oil

$\frac{1}{4}$ cup fresh parsley,
finely chopped

1 teaspoon pink
Himalayan salt

1 teaspoon cayenne
pepper

$\frac{1}{4}$ teaspoon freshly
ground black pepper

2 tablespoon
Parmesan cheese,
optional topping

Cook until fork-tender, for 15 minutes.

Optionally, sprinkle with some grated parmesan cheese.

ITALIAN SEA BREAM

Prep Time: 40 M

Cook Time: 14-16 M

Nutrition Facts Per Serving

Calories: 430 kcal Protein: 54.3g Total Carbs: 3.1g

Dietary Fibers: 0.5g Net Carbs: 2.6g Total Fat: 20.5g

Makes 4 servings

Ingredients

2 lbs. sea bream
(about 2 pieces),
cleaned

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup freshly
squeezed lemon juice

1 tablespoon fresh
rosemary sprigs

1 tablespoon Italian
seasoning

Directions:

Remove the fish from the refrigerator and let it sit at the room temperature for at least 30 minutes before using.

In a small bowl, combine olive oil with lemon juice, rosemary sprigs, Italian seasoning, sea salt, and garlic powder.

Brush each fish generously with this mixture and wrap tightly with plastic foil. Refrigerate for 30 minutes before grilling.

Preheat a large, non-stick grill pan to a medium-high heat. Remove the fish from the

KETO LUNCH RECIPES

½ teaspoon sea salt

1 teaspoon garlic
powder

refrigerator and pat-dry with a kitchen towel.

Grill for 7-8 minutes on each side.

TUNA SALAD

Prep Time: 15 M

Cook Time: 12 M

Nutrition Facts Per Serving

Calories: 297kcal Protein: 34.1g Total Carbs: 2.9g

Dietary Fibers: 0.7g Net Carbs: 2.2g Total Fat: 16g

Makes 2 servings

Ingredients

1 cup canned tuna,
oil-free

3 eggs, boiled

½ cup fresh goat's
cheese

1 cup baby spinach,
finely chopped

½ carrot, sliced

Directions:

Gently place eggs in the pot of boiling water. Cook for 12 minutes. Remove from the heat and drain. Chill to a room temperature and peel. Slice one egg in half and chop the remaining two. Place in a serving plate.

Add vegetables and season with salt. Drizzle with lemon juice and top with tuna and the remaining egg. Serve immediately.

KETO LUNCH RECIPES

1 tablespoon freshly
squeezed lemon juice

½ teaspoon salt

RED PEPPER BEEF LIVER

Prep Time: 10-15 M

Cook Time: 5 M

Nutrition Facts Per Serving

Calories: 295kcal Protein: 30.3g Total Carbs: 6.9g

Dietary Fibers: 0.3g Net Carbs: 6.6g Total Fat: 16.1g

Makes 4 servings

Ingredients

1 lb. beef liver
(grass-fed), thinly
sliced

3 tablespoon olive
oil

2 garlic cloves,
crushed

1 tablespoon fresh
mint, finely chopped

Directions:

Preheat a large grill pan over medium-high heat.

Rinse the liver thoroughly under cold running water. Make sure to wash out all the blood traces. Pat dry with a kitchen paper. Using a sharp knife, remove all tough veins, if any. Cut crosswise into thin slices.

In a small bowl, combine olive oil, garlic, mint, cayenne, salt and Italian seasoning. Mix until well incorporated. Generously brush the liver slices with this mixture and grill for 3-4 minutes on each side.

½ tablespoon
cayenne pepper,
ground

1 teaspoon salt

½ teaspoon Italian
seasoning

LEMON STUFFED TENCH

Prep Time: 10-15 M

Cook Time: 6-8 M

Nutrition Facts Per Serving

Calories: 249 kcal Protein: 24.4g Total Carbs: 2.8g

Dietary Fibers: 0.8g Net Carbs: 2g Total Fat: 15.5g

Makes 3 servings

Ingredients

1 medium-sized
tench, cleaned and
gutted

1 whole lemon,
sliced

2 tablespoon virgin
olive oil

1 teaspoon fresh
rosemary, finely
chopped

Directions:

Preheat the grill to high heat.

Rinse the fish thoroughly under cold running water. Pat dry using a kitchen paper. Set aside.

In a small bowl, combine olive oil, rosemary, thyme, garlic, and salt. Stir until combined. Generously brush the fish with previously prepared mixture and stuff with lemon slices.

Grill for 3-4 minutes on each side.

KETO LUNCH RECIPES

$\frac{1}{4}$ teaspoon dried
thyme, ground

2 garlic cloves,
crushed

$\frac{1}{2}$ teaspoon sea salt

The recipe works great with trout, mackerel, or sea bream.

BEEF STEAK SALAD

Prep Time: 10 M

Cook Time: 10-12 M

Nutrition Facts Per Serving

Calories: 374 kcal Protein: 27.1g Total Carbs: 3.7g

Dietary Fibers: 1.5g Net Carbs: 2.2g Total Fat: 28.7g

Makes 5 servings

Ingredients

1 lb. rib-eye steak,
boneless

7 oz. fresh arugula

1 large tomato,
sliced

¼ cup fresh goat's
cheese

5 almonds

5 walnuts

Directions:

Remove the steaks from the refrigerator about 30 minutes before grilling. Cover and let them sit at the room temperature.

Preheat the grill to medium-high. Brush with two tablespoons of olive oil and grill for 5-7 minutes, or until lightly charred. Turnover and continue to cook for another 4-5 minutes for medium-rare.

Remove from the heat and cool for about five minutes before slicing.

KETO LUNCH RECIPES

5 hazelnuts

3 tablespoon olive
oil

2 tablespoon red
wine vinegar

1 tablespoon Italian
Seasoning

Whisk together red wine vinegar, Italian seasoning mix, and olive oil. Set aside.

In a large bowl, combine together arugula, sliced tomato, goat's cheese, almonds, walnuts, and hazelnuts. Top with steaks and drizzle with red wine mixture.

BAKED STRIPPED RED MULLET

Prep Time: 10 M

Cook Time: 20-25 M

Nutrition Facts Per Serving

Calories: 398 kcal Protein: 32.9g Total Carbs: 6.8g

Dietary Fibers: 0.5g Net Carbs: 6.3g Total Fat: 25.7g

Makes 5 servings

Ingredients

2 lbs. stripped red
mullet, cleaned and
gutted

½ cup olive oil

½ cup freshly
squeezed orange juice

1 tablespoon orange
zest

Directions:

Preheat the oven to 400 degrees. Line some parchment paper over a large baking dish and set aside.

Whisk together olive oil, orange juice, orange zest, honey, thyme, and rosemary. Generously brush each fish with this mixture and transfer into a baking dish.

Bake for 20-25 minutes, or until golden and crispy. Serve immediately.

1 tablespoon honey

1 tablespoon dried
thyme

1 teaspoon fresh
rosemary, finely
chopped

GRILLED TURKEY BREAST

Prep Time: 10-15 M

Cook Time: 12-14 M

Nutrition Facts Per Serving

Calories: 339 kcal Protein: 19.5g Total Carbs: 5.8g

Dietary Fibers: 1g Net Carbs: 4.8g Total Fat: 27.2g

Makes 2 servings

Ingredients

1 lb. turkey breast,
boneless and skinless

½ cup olive oil

2 garlic cloves,
crushed

1 tablespoon dried
rosemary, crushed

1 tablespoon lemon
zest

Directions:

Rinse the meat and pat dry with a kitchen towel. Place on a clean work surface and slice into half-inch thick slices. Set aside.

Whisk together oil, crushed garlic, dried rosemary, lemon zest, and stevia. Brush the meat generously with this mixture. If you have some extra time, refrigerate for 30 minutes before cooking.

Preheat a large grill pan or an electric grill to medium-high heat. Grill for 4-6 minutes on each side.

KETO LUNCH RECIPES

½ tablespoon stevia
extract

Serve with fresh vegetables.

VEAL SKEWERS

Prep Time: 15 M

Cook Time: 15 M

Nutrition Facts Per Serving

Calories: 372 kcal Protein: 40.8g Total Carbs: 6.2g

Dietary Fibers: 1.8g Net Carbs: 4.4g Total Fat: 20g

Makes 3 servings

Ingredients

1 lb. veal steak,
boneless and cut into
bite-sized pieces

1 medium-sized
onion, cut into
wedges

5-6 cherry tomatoes

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ teaspoon dried
thyme, ground

Directions:

Rinse the meat under cold running water and pat dry with a kitchen paper. Cut into bite-sized pieces and set aside.

Peel the onion and cut into wedges. Rinse the cherry tomatoes and set aside.

In a large bowl, whisk together olive oil, thyme, rosemary, salt, and pepper. Submerge meat and vegetables and wrap the bowl with plastic foil. Let it sit for 10 minutes.

Meanwhile, preheat a large grill pan over medium-high heat.

KETO LUNCH RECIPES

½ teaspoon fresh
rosemary, finely
chopped

½ teaspoon salt

½ teaspoon black
pepper, ground

Remove the meat from the refrigerator and brush the skillet with some marinade.

Divide the ingredients among 6 skewers. Grill for 7-8 minutes on each side.

Remove from the heat and serve.

OVEN-BAKED SEA BASS WITH LEMON

Prep Time: 15 M

Cook Time: 20-25 M

Nutrition Facts Per Serving

Calories: 479 kcal Protein: 44.7g Total Carbs: 1.9g

Dietary Fibers: 1.8g Net Carbs: 0.1g Total Fat: 32.9g

Makes 2 servings

Ingredients

2 small sea bass
(about 1 lb.), cleaned
and gutted

1 tablespoon olive
oil

4 tablespoon freshly
squeezed lemon juice

1 teaspoon sea salt

Directions:

Preheat the oven to 400 degrees. Line some parchment paper over a baking sheet and set aside.

Whisk together olive oil, lemon juice, salt, and rosemary.

Rinse the fish and pat dry with a kitchen towel. Rub with lemon mixture and place onto a baking sheet. Bake for 20-25 minutes.

1 tablespoon dried
rosemary

PAN-SEARED VEAL STEAK

Prep Time: 10 M

Cook Time: 35 M

Nutrition Facts Per Serving

Calories: 466 kcal Protein: 55.9g Total Carbs: 2.6g

Dietary Fibers: 1.1g Net Carbs: 1.5g Total Fat: 24.5g

Makes 2 servings

Ingredients

2 boneless veal
steaks, 1-inch thick

2 garlic cloves,
crushed

1 tablespoon oil

1 tablespoon Dijon
mustard

1 tablespoon fresh
parsley, finely
chopped

Directions:

Place the steaks on a clean work surface and brush with oil. Season with salt and set aside.

In a small bowl, whisk together Dijon, rosemary, and parsley. Preheat a large, non-stick pan over medium heat. Add steaks and briefly brown on both sides, for about 5 minutes.

Reduce the heat to minimum and cook for 20 minutes. When done, flip and brush with the honey mixture. Continue to cook for 15 minutes.

KETO LUNCH RECIPES

1 tablespoon fresh
rosemary, finely
chopped

1 teaspoon sea salt

Remove from the heat and
serve immediately.

SHRIMP MARINARA

Prep Time: 10 M

Cook Time: 10-12 M

Nutrition Facts Per Serving

Calories: 265 kcal Protein: 34.7g Total Carbs: 3.4g

Dietary Fibers: 0.2g Net Carbs: 3.2g Total Fat: 11g

Makes 3 servings

Ingredients

1 lb. fresh shrimps,
whole

3 garlic cloves,
crushed

2 tablespoon olive
oil

1 cup marinara
sauce, sugar-free

1 teaspoon fresh
basil, finely chopped

Directions:

Heat up the olive oil in a large skillet. Add garlic and cook for one minute. Now add shrimps and season with salt. Cook for 6 minutes, turning once.

Now add marinara sauce, fresh basil, parsley, and oregano. Give it a good stir and continue to cook for 5 minutes.

Serve immediately.

KETO LUNCH RECIPES

2 teaspoon parsley
leaves

$\frac{1}{4}$ teaspoon
oregano, dried

1 teaspoon sea salt

SPINACH STUFFED CHICKEN BREAST

Prep Time: 10-15 M

Cook Time: 40 M

Nutrition Facts Per Serving

Calories: 400 kcal Protein: 56.7g Total Carbs: 3.4g

Dietary Fibers: 0.4g Net Carbs: 3g Total Fat: 16.3g

Makes 2 servings

Ingredients

1 lb. chicken breast,
boneless and skinless

1 cup spinach,
chopped

½ cup cottage
cheese

2 tablespoon sour
cream, fat-free

Directions:

Preheat the oven to 400 degrees. Line some parchment paper over a baking dish and set aside.

Grease a large, non-stick skillet with some olive oil. Heat up over medium-high heat. Add spinach, salt, and garlic powder. Give it a good stir and cook for 3 minutes. Now add cottage cheese and sour cream. Cook for one more minute and remove from the heat.

KETO LUNCH RECIPES

1 teaspoon dried
celery

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon garlic
powder

1 tablespoon olive
oil

Rinse the meat and pat dry with a kitchen towel. Make incisions into chicken, about 1-inch apart. Stuff each incision with the spinach mixture and sprinkle with celery.

Bake for 35 minutes.

SALMON FILLET WITH GARLIC SPINACH

Prep Time: 10 M

Cook Time: 25 M

Nutrition Facts Per Serving

Calories: 275 kcal Protein: 29.8g Total Carbs: 5.4g

Dietary Fibers: 2.9g Net Carbs: 2.5g Total Fat: 15.1g

Makes 4 servings

Ingredients

1 lb. wild salmon
fillet

1 lb. spinach,
chopped

1 tablespoon olive
oil

2 garlic cloves,
crushed

Directions:

Grease a large sauté pan with olive oil and heat up over medium-high heat. Place salmon fillets and season with rosemary, salt, and pepper drizzle with lemon juice and pour in about $\frac{1}{2}$ cup of water. Cover with the lid and cook for 20 minutes, turning once.

Meanwhile, rinse and drain the spinach. Place on a clean work surface and cut using a sharp knife. Add to the pan along with garlic.

KETO LUNCH RECIPES

2 tablespoon freshly
squeezed lemon juice

1 tablespoon fresh
rosemary, finely
chopped

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black
pepper

Give it a good stir and cook for
3-4 minutes. Serve immediately.

CLASSIC BEEF PATTIES

Prep Time: 45 M

Cook Time: 6-8 M

Nutrition Facts Per Serving

Calories: 442 kcal Protein: 40.6g Total Carbs: 5.3g
Dietary Fibers: 1.6g Net Carbs: 3.7g Total Fat: 28.1g

Makes 4

servings

Ingredients

1lb lean ground
beef

¼ cup almond
meal

2 tablespoon
almonds, grated

2 large eggs

½ cup onions,
finely chopped

Directions:

In a medium-sized bowl, combine ground beef with almond meal, almonds, onions, garlic, oil, salt, pepper, parsley, and milk. Whisk in one egg and mix well to combine. Tightly wrap the bowl with aluminum foil and refrigerate for 30-40 minutes.

Remove the meat from the refrigerator and gently shape into one-inch-thick patties, about 4-inches in diameter.

Grease a large, non-stick skillet with some olive oil. Heat up to medium-high heat and cook

KETO LUNCH RECIPES

2 garlic cloves,
crushed

$\frac{1}{4}$ cup oil

1 teaspoon
salt

$\frac{1}{4}$ teaspoon
black pepper

$\frac{1}{4}$ cup parsley
leaves, finely
chopped

$\frac{1}{4}$ cup skim
milk

patties for 3-4 minutes on each side.

RED POLLOCK STEW WITH CELERY

Prep Time: 20 M

Cook Time: 35 M

Nutrition Facts Per Serving

Calories: 311 kcal Protein: 21.3g Total Carbs: 8.9g

Dietary Fibers: 2.3g Net Carbs: 6.6g Total Fat: 22.2g

Makes 5 servings

Ingredients

1 lb. Pollock fillet

4 garlic cloves,
crushed

2 large tomatoes,
peeled

1 cup fire-roasted
tomatoes, sugar-free

2 bay leaves, whole

Directions:

Heat up the oil over medium-high heat. Add onions and garlic. Stir-fry until translucent. Now add tomatoes and continue to cook stirring constantly until completely soft.

Transfer the tomato mixture into a deep, heavy-bottomed pot. Add fish fillets, fire-roasted tomatoes, bay leaves, thyme, salt, and pepper. Pour in fish stock and simmer for 35 minutes over medium heat.

2 cups fish stock

1 teaspoon freshly
ground black pepper

1 large onion, peeled
and finely chopped

½ teaspoon dried
thyme

½ cup extra virgin
olive oil

1 teaspoon sea salt

FRENCH BOUILLABAISSE

Prep Time: 25 M

Cook Time: 17 M

Nutrition Facts Per Serving

Calories: 339 kcal Protein: 42.5g Total Carbs: 8g

Dietary Fibers: 2g Net Carbs: 6g Total Fat: 14.4g

Makes 8 servings

Ingredients

1 lb. shrimps, whole

1 lb. red mullet,
cleaned

1 large mackerel,
cleaned

1 lb. trench fillets

3 large tomatoes,
peeled and roughly
chopped

Directions:

Preheat the oil in a large saucepan and add onions, carrots, and celery stalks. Season with salt and rosemary and stir-fry for 5 minutes, until starting to soften. Add tomatoes and give it a good stir. Continue to cook for 6-7 minutes, stirring occasionally.

Now add fish, scatter over the shrimps, and pour in the fish stock. Bring it to a boil and reduce the heat to medium-low. Cook for 5-7 minutes.

Feel free to add a handful of mussels or some other seafood.

KETO LUNCH RECIPES

2 onions, finely
chopped

2 carrots, grated

2 celery stalks, sliced

3 tablespoon olive
oil

4 cups fish stock

1 tablespoon dried
rosemary, finely
chopped

1 teaspoon sea salt

Also any other fish you have on hand will be just perfect for this beautiful fish **stew**.

GARLIC KEBAB

Prep Time: 25 M

Cook Time: 6-7 M

Nutrition Facts Per Serving

Calories: 314 kcal Protein: 34.8g Total Carbs: 3.2g

Dietary Fibers: 0.7g Net Carbs: 2.5g Total Fat: 17.3g

Makes 4 servings

Ingredients

1 lb. ground beef

1 onion, finely
chopped

2 garlic cloves,
crushed

3 tablespoon oil

½ teaspoon salt

¼ teaspoon freshly
ground black pepper

Directions:

Preheat the grill over medium-high heat.

In a large bowl, combine beef with finely chopped onion, oil, garlic, salt, pepper, bicarbonate of soda, and water. Mix well until completely combined.

Shape the mixture into 20 equal balls. Roll each into a log (3-inches long and half-inch thick).

Grill kebabs for 3-4 minutes. Flip and grill for another 2-3 minutes.

KETO LUNCH RECIPES

1 teaspoon
bicarbonate of soda
1/4 cup water

Serve immediately.

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GROUND VEAL SKEWERS WITH MINT

Prep Time: 20 M

Cook Time: 6-8 M

Nutrition Facts Per Serving

Calories: 377 kcal Protein: 33.7g Total Carbs: 6.9g

Dietary Fibers: 1.9g Net Carbs: 5g Total Fat: 24g

Makes 4 servings

Ingredients

1 lb. ground veal

3 large eggs

2 tablespoon
almond flour

2 garlic cloves,
crushed

1 tablespoon
coriander seeds

Directions:

If you're using wooden skewers, soak them for 15-20 minutes to prevent them from burning.

Heat a large non-stick pan over medium-high heat.

In a large bowl, mix together lamb mince, eggs, almond flour, garlic, coriander seeds, cumin seeds, oil, mint, salt, pepper, and cayenne. Mix well with your hands and shape equal balls – 2 inches in diameter.

KETO LUNCH RECIPES

½ tablespoon cumin
seeds

1 tablespoon olive
oil

1 teaspoon dried
mint

1 teaspoon salt

½ teaspoon freshly
ground black pepper

¼ tablespoon
cayenne pepper

Arrange balls between skewers and place in the pan. Brown for 3-4 minutes on one side and then gently turn over. Cook for another 3-4 minutes.

OVEN-BAKED SALMON FILLET

Prep Time: 10 M

Cook Time: 20 M

Nutrition Facts Per Serving

Calories: 271 kcal Protein: 22.5g Total Carbs: 1.9g

Dietary Fibers: 0.7g Net Carbs: 1.2g Total Fat: 20g

Makes 4 servings

Ingredients

1 lb. fresh salmon
fillets, skin on

¼ cup extra virgin
olive oil

½ cup freshly
squeezed lemon juice

2 garlic cloves,
crushed

Directions:

Preheat the oven to 350 degrees. Line some parchment paper over a small baking dish. Arrange lemon slices over the pan and set aside.

Rinse well the fillet under cold running water and pat dry with a kitchen paper. Set aside.

In a small bowl, combine olive oil with lemon juice, crushed garlic, fresh oregano leaves, thyme, and marjoram, salt, and red pepper flakes. Generously brush the mixture over fillet

KETO LUNCH RECIPES

1 tablespoon fresh
oregano leaves, finely
chopped

1 teaspoon dried
thyme

½ teaspoon dried
marjoram

1 teaspoon sea salt

¼ teaspoon red
pepper flakes

1 lemon, sliced

and place in the baking dish.
Add about two tablespoons of
the marinade and cook for 20
minutes.

GRILLED CHICKEN BREAST

Prep Time: 10 M

Cook Time: 10-12 M

Nutrition Facts Per Serving

Calories: 301 kcal Protein: 49.2g Total Carbs: 4.4g

Dietary Fibers: 1.6g Net Carbs: 2.8g Total Fat: 8.7g

Makes 2 servings

Ingredients

1 lb. chicken breast,
boneless, skinless and
sliced into half-inch
thick slices

½ cup freshly
squeezed lime juice

2 tablespoon olive
oil

½ cup parsley
leaves, finely chopped

Directions:

Rinse the meat under cold running water and drain in a large colander. Using a sharp knife, slice into approximately half-inch thick slices. Set aside.

In a medium-sized bowl, combine olive oil with lime juice, chopped parsley, crushed garlic, cayenne pepper, oregano, and salt.

Generously brush fillets with this mixture and set aside.

Preheat a large, non-stick frying pan over medium-high heat. Remove the fillets from the

KETO LUNCH RECIPES

3 garlic cloves,
crushed

1 tablespoon
cayenne pepper

1 teaspoon dried
oregano

1 teaspoon sea
salt

marinate and grill for 5-6
minutes on each side.

Serve with shredded cabbage or
grilled asparagus.

OVEN BAKED SEA BREAM WITH HERBS

Prep Time: 10 M

Cook Time: 15-20 M

Nutrition Facts Per Serving

Calories: 426 kcal Protein: 72.1g Total Carbs: 0.9g

Dietary Fibers: 0.5g Net Carbs: 0.4g Total Fat: 11.8g

Makes 4 servings

Ingredients

2 sea bream (about 1 lb. each), gutted and cleaned

4 tablespoon olive oil

¼ cup apple cider vinegar

2 tablespoon freshly squeezed lemon juice

Directions:

Preheat the oven to 400 degrees. Line some parchment paper over a baking sheet and set aside.

In a medium-sized bowl, whisk together olive oil, apple cider, lemon juice, rosemary, thyme, dill, salt, and pepper flakes. Generously brush the fish with this mixture and place onto a baking sheet. Bake for 15-20 minutes, until the thickest part of the fish is just firm.

KETO LUNCH RECIPES

1 teaspoon dried
rosemary

½ teaspoon dried
thyme

1 tablespoon fresh
dill, finely chopped

½ teaspoon sea salt

¼ teaspoon red
pepper flakes

When done, drizzle with the remaining marinade and serve.

CHICKEN DRUMSTICK SALAD WITH BUTTON MUSHROOMS

Prep Time: 15 M

Cook Time: 35 M

Nutrition Facts Per Serving

Calories: 433 kcal Protein: 67.9g Total Carbs: 4.4g

Dietary Fibers: 1.7g Net Carbs: 2.7g Total Fat: 14.6g

Makes 2 servings

Ingredients

4 small chicken
drumsticks (about 1
pound)

3.5 oz. button
mushrooms, whole

1 cherry tomato

2 oz. lettuce

Directions:

Preheat the oven to 350 degrees. Line some parchment paper over a baking dish and set aside.

In a small bowl, combine Dijon mustard with olive oil, dried rosemary, apple cider, and salt. Stir well and brush the meat with this mixture. Transfer to the prepared pan and cook for 35 minutes, turning once. When done, remove the meat from

1 tablespoon olive
oil

1 tablespoon Dijon
mustard

2 tablespoon apple
cider vinegar

1 teaspoon freshly
squeezed lemon juice

1 tablespoon dried
rosemary

½ teaspoon pink
Himalayan salt

Klamath olives

Cooking spray

the oven and chill to a room temperature.

Meanwhile, spray a large, non-stick skillet with some cooking spray. Add button mushrooms and cook for 10 minutes, stirring occasionally. Remove from the heat and cool to a room temperature.

Wash and prepare the vegetables. Place in a serving bowl. Add mushrooms and stir well. Top with chicken drumsticks.

Optionally, serve with kalamata olives.

ORANGE MARINATED GRILLED CATFISH

Prep Time: 10-15 M

Cook Time: 25 M

Nutrition Facts Per Serving

Calories: 247 kcal Protein: 28.7g Total Carbs: 2.9g

Dietary Fibers: 1g Net Carbs: 1.9g Total Fat: 15.3g

Makes 3 servings

Ingredients

1 lb. young flathead
catfish

2 oranges, sliced

½ cup freshly
squeezed orange juice

1 tablespoon freshly
squeezed lemon juice

Directions:

Preheat the oven to 350 degrees. Line some parchment paper over a baking sheet and make a layer with sliced orange.

Combine together orange juice, lemon juice, orange extract, thyme, rosemary, chili flakes, peppercorn, and sea salt. Generously brush the fish with this mixture. Optionally, refrigerate for about an hour before cooking.

Place the fish onto a baking sheet and drizzle with some of

KETO LUNCH RECIPES

½ teaspoon orange
extract, sugar-free

1 tablespoon dried
thyme

1 tablespoon dried
rosemary

1 teaspoon chili
flakes

1 teaspoon
peppercorn

1 teaspoon sea salt

the marinade – about three
tablespoons.

Bake for 25 minutes, turning
once. If necessary, brush with
some more marinade.

Serve warm.

This recipe works great for
every high-fat fish like salmon
or tuna.

PEPPER GLAZED TROUT FILLET

Prep Time: 15 M

Cook Time: 20 M

Nutrition Facts Per Serving

Calories: 351 kcal Protein: 48.9g Total Carbs: 0.8g

Dietary Fibers: 0.2g Net Carbs: 0.6g Total Fat: 15.5g

Makes 5 servings

Ingredients

2 lbs. trout fillets, skin
on

2 tablespoon soy
sauce

2 tablespoon lemon
juice

3 teaspoon Dijon
mustard

Directions:

Preheat the oven to 425 degrees. Line some parchment paper over a small baking dish and set aside.

In a small bowl, combine soy sauce, lemon juice, Dijon, salt, and pepper flakes.

Rinse and pat dry the fillets. Arrange in a baking dish. Spoon the mixture over fish and bake for 15-20 minutes.

Serve with steamed brown rice.

KETO LUNCH RECIPES

½ teaspoon sea salt

½ teaspoon red
pepper flakes

GRILLED BEEF STEAK

Prep Time: 15 M

Cook Time: 16 M

Nutrition Facts Per Serving

Calories: 326 kcal Protein: 46.2g Total Carbs: 2.9g

Dietary Fibers: 1.8g Net Carbs: 1.1g Total Fat: 13.4g

Makes 4 servings

Ingredients

1 lb. flat iron steak

$\frac{1}{4}$ cup Dijon
mustard

2 tablespoon lemon
juice

$\frac{1}{4}$ teaspoon red
pepper flakes

1 tablespoon fresh
rosemary, finely
chopped

Directions:

Rinse the steaks under cold running water. Pat dry with a kitchen paper and place on a clean work surface. Using a sharp knife, slice the steak into 1-inch thick slices. You can skip this step simply by purchasing sliced steaks.

Whisk together lemon juice, Dijon, red pepper flakes, fresh rosemary, and salt. Optionally, add a pinch of dried thyme. Brush the steak with this mixture. If you have some spare time, wrap the steaks with plastic foil and refrigerate for one hour before cooking. This

½ teaspoon sea salt

will allow the flavors to penetrate the meat.

Preheat the grill to medium-high. Grill steak for 8 minutes on one side. Flip and grill for 8 more minutes for medium-rare.

Serve with steamed spinach or fresh lettuce.

GARLIC TROUT WITH VEGETABLES

Prep Time: 10-15 M

Cook Time: 12 M

Nutrition Facts Per Serving

Calories: 339 kcal Protein: 38.2g Total Carbs: 1.6g

Dietary Fibers: 0.3g Net Carbs: 1.3g Total Fat: 19.2g

Makes 2 cups

Ingredients

2 (10oz) whole trout,
cleaned and gutted

1 tablespoon extra-
virgin olive oil

2 tablespoon freshly
squeezed lemon juice

2 garlic cloves,
crushed

Directions:

Preheat the grill to high.

In a small bowl, combine olive oil, lemon juice, garlic, and parsley. Slash each trout with a knife, about $\frac{1}{4}$ inch deep. Generously brush with the garlic mixture and place on a baking rack.

Cook for 6 minutes on each side, or until crispy.

Serve with shredded cabbage, sliced cucumber, fresh goat's

KETO LUNCH RECIPES

½ teaspoon sea salt

2 tablespoon fresh
parsley leaves, finely
chopped

cheese, and some Kalamata
olives.

ORANGE BAKED WHITING

Prep Time: 10 M

Cook Time: 20 M

Nutrition Facts Per Serving

Calories: 448 kcal Protein: 60.1g Total Carbs: 4.1g

Dietary Fibers: 0.7g Net Carbs: 3.4g Total Fat: 19.3g

Makes 4 servings

Ingredients

2 lbs. fresh whiting
(can be replaced with
frozen), cleaned

1 teaspoon liquid
stevia

¼ cup freshly
squeezed orange juice

1 tablespoon orange
zest

Directions:

Preheat the oven to 400 degrees.

Rinse the fish and pat dry with a kitchen paper.

Whisk together honey, orange juice, orange zest, salt, thyme, and celery. Brush the mixture over fish and place in a baking dish lined with some parchment paper. Add orange slices and bake for 15-20 minutes.

Serve warm.

KETO LUNCH RECIPES

½ large orange,
sliced

½ teaspoon sea salt

1 teaspoon dried
thyme

½ teaspoon dried
celery

This easy recipe works well for every fish you have on hand, especially trout.

PAN SEARED BONELESS VEAL CHOPS

Prep Time: 15 M

Cook Time: 20 M

Nutrition Facts Per Serving

Calories: 624 kcal Protein: 64.1g Total Carbs: 2.4g

Dietary Fibers: 0.4g Net Carbs: 2g Total Fat: 37.1g

Makes 2 servings

Ingredients

1lb veal chops
(about 4 pieces)

2 cups red wine

3 garlic cloves,
crushed

1 teaspoon dried
rosemary

Directions:

Rinse the meat under cold running water and pat dry with a kitchen paper. Set aside.

Combine wine with crushed garlic, rosemary, salt, and pepper. Submerge chops in this mixture and cover with a lid. Let it sit in the marinade for at least ten minutes. For the best flavor, refrigerate for 2 hours (or even overnight).

Preheat a large non-stick skillet over medium-high heat. Remove the chops from the

¼ teaspoon black
pepper

1 teaspoon sea salt

3 tablespoon oil

.

marinade and briefly brown –
for 2 minutes on each side.

Reduce the heat to medium and
add oil. Continue to cook until
fork-tender, about 7 minutes on
each side. Optionally, add 1-2
tablespoons of the marinade
while cooking for even better
taste.

Serve immediately.

GREEK KEBAB

Prep Time: 15 M

Cook Time: 14 M

Nutrition Facts Per Serving

Calories: 314 kcal Protein: 35.9g Total Carbs: 6.2g

Dietary Fibers: 1.6g Net Carbs: 4.6g Total Fat: 15.7g

Makes 3 servings

Ingredients

7 oz. ground lamb

7 oz. ground veal

2 small onions,
finely chopped

2 garlic cloves,
crushed

1 tablespoon extra-
virgin olive oil

1 teaspoon sumac

Directions:

Preheat a large grill pan over medium-high heat.

In a large bowl, combine ground lamb and ground veal. Add finely chopped onions, crushed garlic, olive oil, sumac, coriander, flour, cayenne pepper, salt, and black pepper.

Mix with your hands until well combined and shape about half-inch thick kebabs. Place on a grill and cook for 7 minutes on one side. Gently flip and continue to cook for 7 more minutes.

2 teaspoon
coriander, ground

2 teaspoon cayenne
pepper

1 tablespoon
almond flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black
pepper

CHICKEN FILLETS

Prep Time: 15 M

Cook Time: 14 M

Nutrition Facts Per Serving

Calories: 246 kcal Protein: 24.2g Total Carbs: 1.2g

Dietary Fibers: 0.6g Net Carbs: 0.6g Total Fat: 15.7g

Makes 4 servings

Ingredients

1 lb. chicken breast,
boneless and skinless

¼ cup olive oil

¼ cup apple cider
vinegar

1 tablespoon fresh
rosemary, finely
chopped

1 teaspoon dried
oregano

Directions:

Preheat a large grill pan or an electric grill to medium-high heat.

Rinse the meat and pat dry with some kitchen paper. Using a sharp cutting knife, slice into half-inch thick slices. Set aside.

Combine together olive oil, apple cider, rosemary, oregano, cayenne, and salt. Generously brush each fillet with this mixture and grill for 7 minutes on each side. If necessary, brush with some more oil while

KETO LUNCH RECIPES

1 teaspoon cayenne
pepper

½ teaspoon sea salt

cooking. This will prevent
sticking.

PEPPER MEAT

Prep Time: 35 M

Cook Time: 1 Hour 30 M

Nutrition Facts Per Serving

Calories: 318 kcal Protein: 35.3g Total Carbs: 5.1g

Dietary Fibers: 1.2g Net Carbs: 3.9g Total Fat: 17.1g

Makes 4 servings

Ingredients

1 lb. beef fillet or
another tender cut,
cut into bite-sized
pieces

1 onion, peeled and
finely chopped

3 tablespoon tomato
paste, sugar-free

2 tablespoon olive
oil

Directions:

Rinse the meat thoroughly under cold running water. Dry with a kitchen towel and place on a clean working surface. Using a sharp knife cut the meat into bite-sized pieces. Set aside.

Grease the bottom of a deep, heavy-bottomed pot with two tablespoons of olive oil. Heat up over medium-high heat and add onions. Stir for 3 minutes, until translucent.

Now add the meat and briefly brown, for 5 minutes. Stir well and add tomato paste, butter, salt, pepper, and parsley. Pour

KETO LUNCH RECIPES

1 tablespoon butter

2 tablespoon fresh
parsley

$\frac{1}{2}$ teaspoon freshly
ground black pepper

1 teaspoon salt

in enough water to cover and
reduce the heat to minimum.

MEDITERRANEAN GRILLED SHRIMPS

Prep Time: 10 M

Cook Time: 5 M

Nutrition Facts Per Serving

Calories: 186 kcal Protein: 21.5g Total Carbs: 3g

Dietary Fibers: 0.1g Net Carbs: 2.9g Total Fat: 10.5g

Makes 4 servings

Ingredients

1 lb. fresh large
shrimps, whole

3 tablespoon extra-
virgin olive oil

3 garlic cloves,
crushed

3 tablespoon of
fresh parsley, finely
chopped

Directions:

Make sure you use the best, extra-virgin olive oil to get a maximum flavor.

Rinse the shrimps and drain in a large colander. Pat dry with a kitchen towel and set aside.

Heat up the oil in a large grill pan over medium-high heat. Add shrimps and grill for 3 minutes on each side. Remove from the heat and transfer to a serving plate.

KETO LUNCH RECIPES

1 teaspoon sea salt

Top with some crushed garlic and fresh parsley before serving. Season with sea salt and enjoy!

VEAL STEAK WITH MUSHROOMS

Prep Time: 15 M

Cook Time: 35 M

Nutrition Facts Per Serving

Calories: 316 kcal Protein: 33.5g Total Carbs: 4.4g

Dietary Fibers: 1.5g Net Carbs: 2.9g Total Fat: 18g

Makes 4 servings

Ingredients

1 lb. veal steaks

1 lb. button
mushrooms, thinly
sliced

3 tablespoon olive
oil

1 teaspoon salt

Directions:

Rinse steaks under cold running water and rub with salt, pepper, and thyme. Set aside.

Heat up the olive oil in a large skillet. Add steaks and pour in one cup of water. Bring it to a boil and add one bay leaf. Reduce the heat to medium and simmer until fork tender, for 25 minutes. Add some more water if necessary.

Finally, when all the water has evaporated add button mushrooms. Give it a good stir

KETO LUNCH RECIPES

½ teaspoon freshly
ground black pepper

1 bay leaf

1 tablespoon dried
thyme

and cook for 10 minutes, over medium heat.

Remove from the heat and serve.

CHICKEN WITH FRIED SPINACH

Prep Time: 10-15 M

Cook Time: 15 M

Nutrition Facts Per Serving

Calories: 569 kcal Protein: 69.1g Total Carbs: 1.8g

Dietary Fibers: 0.8g Net Carbs: 1g Total Fat: 30.4g

Makes 4 servings

Ingredients

2 lbs. organic
chicken meat, dark
and white meat

5 oz. fresh spinach,
torn

2 cups of chicken
broth

2 tablespoon butter,
unsalted

Directions:

If possible, use organic chicken meat (breast and thighs). Thoroughly rinse the meat and pat dry with a kitchen paper. Using a sharp paring knife, cut the meat into smaller pieces.

Rinse well the spinach. Always look for organic vegetables. They can be a bit messier to clean but are definitely worth it. Chop and drain in a colander.

Grease a large heavy-bottomed pot with olive oil. Place the meat in it and pour in two cups

2 tablespoon olive
oil

1 teaspoon sea salt

of chicken broth. Add salt and cook for about one hour over medium temperature. When the meat is completely fork-tender, remove from the heat and drain in a large colander. You can reserve the liquid for a nice chicken soup.

Melt the butter in a large skillet, over medium-high heat. Add chopped spinach and stir-fry for 4 minutes, stirring constantly. Now add $\frac{1}{4}$ cup of water and continue to cook until the water evaporates.

Serve together and season with some more salt if needed. I like to add some freshly ground turmeric before serving, but this is completely optional

THICK TOMATO AND VEAL STEW

Prep Time: 20 M

Cook Time: 1 Hour 10 M

Nutrition Facts Per Serving

Calories: 295 kcal Protein: 29.7g Total Carbs: 4.6g

Dietary Fibers: 1.6g Net Carbs: 3g Total Fat: 18.1g

Makes 4 servings

Ingredients

2 lbs. veal stew meat

1 cup eggplant
chunks

1 small tomato,
peeled and roughly
chopped

4 tablespoon
sunflower oil

Directions:

Rinse the pork and season with salt and pepper.

Grease the bottom of a large, heavy-bottomed pot with oil. Heat up the oil over medium heat and add pork. Brown the meat on all sides for about 15 minutes. Now add tomatoes and eggplants and continue to cook for five more minutes, stirring constantly.

Reduce the heat to minimum and add two cups of water. Stir in two tablespoons of

2 bay leaves

2 tablespoon of
tomato paste,
homemade

1 tablespoon of
Cayenne pepper,
ground

$\frac{1}{2}$ teaspoon of chili
pepper, ground

$\frac{1}{2}$ teaspoon of salt

homemade tomato paste, cayenne pepper, and optionally chili pepper. Add two bay leaves and some more salt to taste. Cover and cook for about 45 minutes, or until pork is completely tender.

CHICKEN TOFU SALAD

Prep Time: 10 M

Cook Time: 15 M

Nutrition Facts Per Serving

Calories: 349 kcal Protein: 50.7g Total Carbs: 4g

Dietary Fibers: 1.1g Net Carbs: 2.9g Total Fat: 13.4g

Makes 4 servings

Ingredients

2 lbs. chicken breast,
boneless and skinless,
cut into bite-sized
pieces

1 cup silken tofu

1 cup of lamb's
lettuce

1 cup of cherry
tomatoes

Directions:

Wash and pat dry the meat with some kitchen paper. Cut into bite size pieces. Peel and chop the zucchini.

I like to prepare this salad in a large grill pan. Heat up some olive oil over high temperature and add chopped chicken meat. Stir well and fry for about ten minutes. Now add sliced zucchini and mushrooms. Stir well again and cook for five more minutes. Remove from the heat and allow it to cool for a while.

KETO LUNCH RECIPES

½ cup of button mushrooms, sliced

1 small zucchini, chopped

¼ teaspoon salt

1/5 teaspoon of red pepper, ground

2 tablespoon of olive oil

Meanwhile, cut cherry tomatoes in half and combine with lamb's lettuce. Add chicken mix and season with salt and red pepper.

EASY TUNA WITH HERBS

Prep Time: 5 M

Cook Time: 15 M

Nutrition Facts Per Serving

Calories: 584 kcal Protein: 46g Total Carbs: 5.9g

Dietary Fibers: 2.6g Net Carbs: 3.3g Total Fat: 42.4g

Makes 4 servings

Ingredients

4 (6 to 7-ounce)
pieces tuna, boneless
and skinless

1 tablespoon of
ground red pepper

1/8 teaspoon of
black pepper

1 teaspoon of
kosher salt

Directions:

Use a small mixing bowl to blend the ground red pepper with thyme, cayenne, salt and oregano. Add the tuna slices into this mixture and coat well.

Heat up the cast iron skillet and pour in the oil. Place the fish slices in a single layer. Reduce the heat to medium-low and cook for a couple of minutes.

Transfer to a plate and sprinkle with olive oil and fresh parsley.

2 lemons, zested and
juiced

10 sprigs fresh
thyme, washed, leaves
removed and
chopped

4 tablespoon of
canola oil, for frying

1 tablespoon of
freshly chopped
oregano leaves

2 teaspoon of fresh
parsley leaves

4 tablespoon of
olive oil

ROSEMARY MEATBALLS WITH YOGURT

Prep Time: 20-25 M

Cook Time: 7-8 M

Nutrition Facts Per Serving

Calories: 383 kcal Protein: 38.1g Total Carbs: 1.8g
Dietary Fibers: 0.6g Net Carbs: 1.2g Total Fat: 24.5g

Makes 4 servings

Ingredients

1 lb. lean ground
beef

3 garlic cloves,
crushed

2 tablespoon
almond flour

1 tablespoon fresh
rosemary, crushed

Directions:

In a large bowl, combine ground beef with crushed garlic, rosemary, egg, and salt. Mix well to combine. If the mixture is too sticky, add one tablespoon of flour. Lightly dampen hands and shape 1 ½ inch balls.

Grease a large, non-stick skillet with oil. Heat up over medium-high heat. Add meatballs and cook for 7-8 minutes, turning occasionally. Remove from the

2 large eggs, beaten

½ teaspoon salt

4 tablespoon extra-virgin olive oil

Serve with ½ cup of yogurt dip. You'll need:

1 cups plain yogurt

1 cup Greek yogurt

2 tablespoon fresh parsley

1 garlic clove, crushed

Combine the ingredients in a medium-sized bowl and mix well. Refrigerate for 15 minutes before serving.

heat and cool to a room temperature.

Meanwhile, combine Greek yogurt with plain yogurt, parsley, and garlic. Dip chilled meatballs into yogurt mixture and refrigerate for one hour before serving.

SPINACH LAMB STEW

Prep Time: 15 M

Cook Time: 28 M

Nutrition Facts Per Serving

Calories: 373 kcal Protein: 35.5g Total Carbs: 7.8g

Dietary Fibers: 2.9g Net Carbs: 4.9g Total Fat: 22.8g

Makes 4 servings

Ingredients

1 lb. lamb rack

1 lb. spinach, torn

1 large leek,
chopped into bite-
sized pieces

4 tablespoon olive
oil

2 garlic cloves

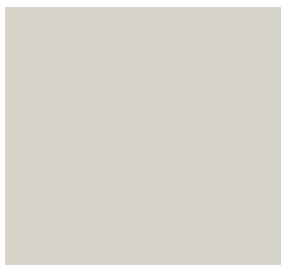
½ teaspoon salt

Directions:

Rinse the meat and rub with salt. Place in the pressure cooker and pour in enough water to cover. Seal the lid and cook until tender, depending on your pressure cooker. Release the steam and open the lid. Remove the meat and keep the liquid. Set aside.

Grease a deep pot with olive oil and heat up over medium-high heat. Add garlic and stir-fry for 2-3 minutes. Add spinach and leeks and continue to cook for 3 minutes.

KETO LUNCH RECIPES



Now add the meat and pour in the broth. Bring it to a boil and cook for 3-4 minutes.

Serve immediately.

EGG SALAD WITH GOAT'S CHEESE

Prep Time: 20 M

Cook Time: 12 M

Nutrition Facts Per Serving

Calories: 242 kcal Protein: 8.4g Total Carbs: 7.9g

Dietary Fibers: 1.6g Net Carbs: 6.3g Total Fat: 20.9g

Makes 4 servings

Ingredients

2 oz. lettuce, torn

4 eggs, hard-boiled
and sliced

½ yellow bell
pepper, seeds
removed and sliced

Red onion, sliced

Directions:

In a small bowl, combine olive oil with lemon juice, mustard, sugar, lemon zest, and salt. Stir well and refrigerate for 15 minutes.

Now gently place the eggs in a deep pot and pour enough cold water to cover. Bring it to a boil and cook for 12 minutes.

Remove from the heat and drain. Rinse under cold water to cool. Peel the eggs and slice them. Place in a deep bowl.

KETO LUNCH RECIPES

½ medium-sized
tomato, roughly
chopped

1 medium-sized
cucumber

1 spring onion,
chopped

¼ cup fresh goat's
cheese

4 tablespoon olive
oil

1 tablespoon freshly
squeezed lemon juice

2 tablespoon Dijon
mustard

1 teaspoon liquid
stevia

3 tablespoon freshly
grated lemon zest

1 teaspoon sea salt

Rinse and drain the vegetables.
Slice and place into a bowl.
Toss well to combine and
drizzle with lemon dressing.

Serve immediately.

CHICKEN POPPER CASSEROLE

Prep Time: 15 M

Cook Time: 18 M

Nutrition Facts Per Serving

Calories: 372 kcal Protein: 30g Total Carbs: 2.5g

Dietary Fibers: 1g Net Carbs: 1.5g Total Fat: 27g

Makes 6 servings

Ingredients

1½ pounds boneless,
skinless chicken
thighs

Pink Himalayan salt
and ground black
pepper

2 medium-sized
jalapeño peppers

Directions:

Preparing the Ingredients.
Preheat the oven to 400°F.

Heat a large skillet over medium-high heat. While the skillet is heating, chop the chicken thighs into 1-inch pieces and lightly season with salt and pepper.

Spray the hot skillet with coconut oil spray, then add the chicken. Sauté on all sides until cooked through, 5 to 7 minutes.

6 ounces cream
cheese ($\frac{3}{4}$ cup), room
temperature

$\frac{1}{4}$ cup heavy
whipping cream

5 slices bacon,
cooked and crumbled

$\frac{1}{2}$ cup shredded
Monterey Jack cheese
(about 2 ounces)

$\frac{1}{2}$ cup shredded
cheddar cheese
(about 2 ounces),
divided

1 teaspoon minced
garlic

$\frac{1}{4}$ teaspoon onion
powder

Meanwhile, seed and mince one-and-a-half of the jalapeños and put in a small bowl; slice the remaining half into rings and set aside in another small bowl.

(Remove the seeds from the rings if you don't care for heat.)

When the chicken is cooked, add the cream cheese and heavy cream and stir to combine.

To the chicken mixture, add the minced jalapeños and about four-fifths of the crumbled bacon; stir to combine. Add the Monterey Jack cheese and $\frac{1}{4}$ cup of the cheddar cheese and stir until melted. Add the garlic powder, onion powder, 1 teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper and stir to combine, then remove from the heat.

Pour the mixture into a 13 by 9-inch baking dish and spread evenly using a rubber spatula.

Finish the dish. Top with the remaining cheddar cheese and crumbled bacon and the sliced jalapeños. Bake for 10 minutes, then turn the oven to broil and broil for 2 minutes, until the

KETO LUNCH RECIPES



cheese has melted and
browned. Serve hot.

VEGETABLE LASAGNA

Prep Time: 15 M

Cook Time: 30 M

Nutrition Facts Per Serving

Calories: 464 kcal Protein: 34g Total Carbs: 12g

Dietary Fibers: 2g Net Carbs: 10g Total Fat: 31g

Makes 6 servings

Ingredients

2 tablespoons salted
butter, for preparing
the baking dish 2
cups ricotta cheese

1½ cups grated
Parmesan cheese

2 large eggs

Salt

Freshly ground black
pepper

Directions:

Preparing the Ingredients.
Preheat the oven to 350° F.

Grease a 9-by-13-inch baking dish with the butter. In a medium bowl, stir together the ricotta cheese, Parmesan cheese, and eggs, and season with salt and pepper. Spread a bit of the marina sauce in the bottom of the prepared baking dish. Cover the sauce with a layer of zucchini strips. Top with about one-third of the remaining marinara sauce, one-third of the ricotta mixture, and one-third of the mozzarella. Repeat two more times, until all

1 cup low-carb
marinara sauce

4 large zucchini,
sliced lengthwise into
thin sheets

2 cups shredded
mozzarella cheese

ingredients are used up, ending with a layer of mozzarella. Season with salt and pepper.

Finish the dish. Bake for about 30 minutes, or until the cheese is melted and the zucchini is tender. Let rest for 10 minutes before slicing and serving.

FISH TACO BOWL

Prep Time: 10 M

Cook Time: 15 M

Nutrition Facts Per Serving

Calories: 315 kcal Protein: 16g Total Carbs: 12g

Dietary Fibers: 7g Net Carbs: 5g Total Fat: 24g

Makes 2 servings

Ingredients

2 (5-ounce) tilapia
fillets

1 tablespoon olive oil

4 teaspoons Tajín
seasoning salt, divided

2 cups presliced
coleslaw cabbage mix

1 tablespoon Spicy
Red Pepper Miso
Mayo, plus more for

Directions:

Preparing the Ingredients.
Preheat the oven to 425° F.

Line a baking sheet with aluminum foil or a silicone baking mat. Rub the tilapia with the olive oil, and then coat it with 2 teaspoons of Tajín seasoning salt. Place the fish in the prepared pan. Bake for 15 minutes, or until the fish is opaque when you pierce it with a fork. Put the fish on a cooling rack and let it sit for 4 minutes. Meanwhile, in a medium bowl, gently mix to combine the coleslaw and the mayo sauce. You don't want the cabbage

serving 1 avocado,
mashed

Pink salt

Freshly ground black
pepper

super wet, just enough to dress it. Add the mashed avocado and the remaining 2 teaspoons of Tajín seasoning salt to the coleslaw, and season with pink salt and pepper. Divide the salad between two bowls.

Finish the dish. Use two forks to shred the fish into small pieces, and add it to the bowls. Top the fish with a drizzle of mayo sauce and serve. If you don't have Spicy Red Pepper Miso Mayo, the Avocado-Lime Crema will also work nicely.

SHRIMP AND SAUSAGE “BAKE”

Prep Time: 15 M

Cook Time: 20 M

Nutrition Facts Per Serving

Calories: 327 kcal Protein: 20g Total Carbs: 8g

Dietary Fibers: 2g Net Carbs: 6g Total Fat: 24g

Makes 4 servings

Ingredients

2 tablespoons olive
oil

6 ounces chorizo
sausage, diced

½ pound (16 to 20
count) shrimp, peeled
and deveined

1 red bell pepper,
chopped

Directions:

Preparing the Ingredients. Place a large skillet over medium-high heat and add the olive oil. Sauté the sausage until it is warmed through, about 6 minutes.

Add the shrimp and sauté until it is opaque and just cooked through, about 4 minutes. Remove the sausage and shrimp to a bowl and set aside.

Add the red pepper, onion, and garlic to the skillet and sauté until tender, about 4 minutes.

KETO LUNCH RECIPES

½ small sweet onion,
chopped

2 teaspoons minced
garlic

¼ cup Herbed
Chicken Stock

Pinch red pepper
flakes

Add the chicken stock to the skillet along with the cooked sausage and shrimp.

Finish the dish. Bring the liquid to a simmer and simmer for 3 minutes. Stir in the red pepper flakes and serve.

GARLIC BUTTER-BASTED RIB-EYE

Prep Time: 10 M

Cook Time: 10 M

Nutrition Facts Per Serving

Calories: 447 kcal Protein: 30g Total Carbs: 0.5g

Dietary Fibers: 1g Net Carbs: 0.5g Total Fat: 40g

Makes 2 servings

Ingredients

2 (6-ounce) or 1 (12-ounce) boneless rib-eye steak (about 1 inch thick)

2 teaspoons kosher salt

Pepper

Directions:

Preparing the Ingredients. Remove the steaks from the refrigerator and season on both sides with the kosher salt and a generous amount of pepper. Allow to sit at room temperature for 30 minutes. Heat the oil in a large cast-iron skillet or grill pan over medium-high heat. Place the steaks in the skillet and sear for 5 to 7 minutes, until a nice crust forms on one side. Turn the steaks over and top with the butter

2 tablespoons
unsalted butter

2 teaspoons avocado
oil

2 cloves garlic,
smashed with the side
of a knife

2 sprigs fresh
rosemary

and rosemary sprigs, letting the butter melt over the steaks.

Add the smashed garlic to the skillet and continue to cook, basting the steaks with the melted butter, for another 5 to 7 minutes for medium-rare steaks, or cook longer if you like your steaks more well-done.

Finish the dish. Remove the steaks from the heat, cover loosely with aluminum foil, and allow to rest for 5 minutes before serving.

LOADED CAULIFLOWER

Prep Time: 20 M

Cook Time: 5 M

Nutrition Facts Per Serving

Calories: 149 kcal Protein: 5.4g Total Carbs: 8.4g

Dietary Fibers: 6g Net Carbs: 2.4g Total Fat: 11.4g

Makes 8 servings

Ingredients

2 heads cauliflower,
cored and cut into
florets

3 tablespoons
unsalted butter,
melted

$\frac{1}{4}$ cup heavy
whipping cream

$\frac{1}{4}$ cup sour cream

Directions:

Preparing the Ingredients. Set a large pot of water over high heat.

Add the cauliflower florets and bring to a boil. Boil for 10 to 15 minutes, until fork-tender. Drain the cauliflower.

Put half of the florets in a food processor and pulse for 30 seconds. Add half of the melted butter, half of the cream, and half of the sour cream and process until smooth. As you process, the mixture will work its way up the sides of the processor. When this happens,

1 teaspoon pink
Himalayan salt

½ teaspoon ground
black pepper

¼ cup shredded
cheddar cheese

4 slices bacon,
cooked and crumbled

For Garnish (Optional)

Chopped fresh chives

Sour cream

stop processing and push the mixture down using a rubber spatula.

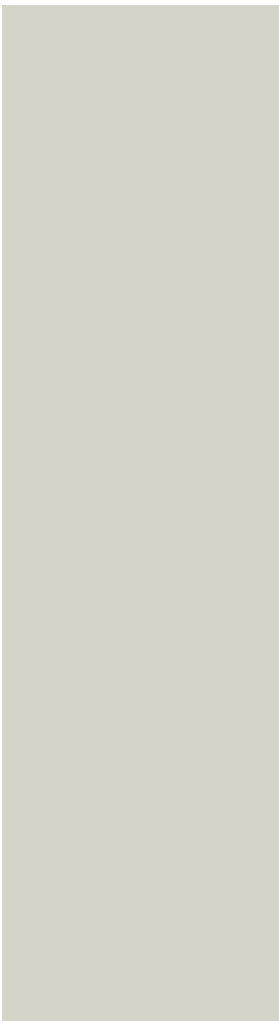
Add half of the salt and pepper to the cauliflower mixture in the blender and pulse to combine. Pour the cauliflower mash into a 13 by 9-inch baking dish.

Repeat with the remaining cauliflower, butter, cream, sour cream, salt, and pepper, then add to the baking dish.

Preparing the Ingredients. Set a large pot of water over high heat.

Add the cauliflower florets and bring to a boil. Boil for 10 to 15 minutes, until fork-tender. Drain the cauliflower.

Put half of the florets in a food processor and pulse for 30 seconds. Add half of the melted butter, half of the cream, and half of the sour cream and process until smooth. As you process, the mixture will work its way up the sides of the processor. When this happens, stop processing and push the mixture down using a rubber spatula.



Add half of the salt and pepper to the cauliflower mixture in the blender and pulse to combine. Pour the cauliflower mash into a 13 by 9-inch baking dish.

Repeat with the remaining cauliflower, butter, cream, sour cream, salt, and pepper, then add to the baking dish.

Smooth the top of the mash with a rubber spatula, then top with the shredded cheese and crumbled bacon. Broil for 2 to 4 minutes, until the cheese has melted and slightly browned.

Finish the dish. Sprinkle the top with chives and garnish each serving with a dollop of sour cream, if desired. Store leftovers in a sealed container in the refrigerator for up to a week. Reheat in the microwave for 30 to 60 seconds.

ROASTED CAULIFLOWER AND BROCCOLI

Prep Time: 10 M

Cook Time: 20 M

Nutrition Facts Per Serving

Calories: 221 kcal Protein: 9g Total Carbs: 5g

Dietary Fibers: 1g Net Carbs: 4g Total Fat: 19g

Makes 4 servings

Ingredients

2 cups cauliflower
florets

2 cups broccoli
florets

¼ cup olive oil or
avocado oil

⅔ cup grated
Parmesan cheese

Directions:

Preparing the Ingredients. Preheat the oven to 400°F. Line a sheet pan with aluminum foil. In a large, resalable plastic bag or large bowl, toss the cauliflower, broccoli, and olive oil with about half of the Parmesan cheese and the garlic powder, onion powder, salt, and pepper until the vegetables are evenly coated. Arrange the vegetables on the prepared sheet pan, making sure they aren't too crowded. Bake for 15 to 20 minutes, turning the ingredients halfway through

1 teaspoon garlic
powder

1 teaspoon onion
powder

1 teaspoon salt

½ teaspoon freshly
ground black pepper

cooking, until the edges are browned.

Finish the dish. Sprinkle the remaining Parmesan cheese over the top, season with additional salt and pepper if desired, and serve immediately.